

# Sample HRA Questions

*Please note: to complete your HRA, you must log-on to the website.*

## EXERCISE AND ACTIVITY

In a typical week, how often do you engage in exercise, work or other activities that at least moderately increase your breathing and heart rate for 30 minutes or more?

- 5 or more times per week
- 3-4 times per week
- 1-2 times per week
- Less than 1 time per week
- Seldom or never

If you exercise at least 3 times per week, how long have you maintained such an active lifestyle? If you don't exercise at least 3x per week, select "Not applicable".

- Not applicable (I am not active)
- Less than 1 year
- 1-2 years
- 2-5 years
- More than 5 years

## OTHER EXERCISE RISK FACTORS

Do you have musculoskeletal problems in your hips or knees that limit your ability to exercise?

- No
- Yes

Do you have concerns about the safety of exercise or know of any other reasons why exercise might present a greater risk for you?

- No
- Yes

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## DIET

How often do you eat breakfast?

Almost every day      Sometimes      Rarely or never

On average, how many servings of fruit do you eat per day? (One serving=1 medium apple, banana, orange, etc., 1/2 cup of chopped, cooked or canned fruit, 3/4 cup of fruit juice)

None      1      2      3      4

On average, how many servings of vegetables do you eat per day? (One serving=1/2 cup cooked or chopped raw, 1 cup raw leafy, 3/4 cup of vegetable juice)

None      1-2      3      4      5

On average, how many servings of bread, cereal, rice or pasta do you eat per day? (One serving=1 slice of bread, 1 ounce of ready-to-eat cereal, 1/2 cup of cooked cereal, rice or pasta)

None      1-3      4-6      7-9      10 or more

When you use grain and cereal products, do you emphasize:

Whole grain, high fiber      A mixture of whole grain and refined      Refined, low fiber

On average, how many servings of red meat (not lean) do you eat per day? (One serving=2-3 ounces of steak, roast beef, lamb, pork chops, ham, hamburgers, etc)

None      1      2      3      4

On average, how many servings of fish, poultry, lean meat, cooked dry beans, peanut butter, or nuts do you eat per day? (One serving=2-3 ounces of meat, 1/2 cup of cooked dry beans, two tablespoons of peanut butter, or 1/3 cup of nuts)

None      1      2      3      4

On average, how many servings of dairy products do you eat per day? (One serving=1 cup of milk or yogurt, 1.5 ounces of natural cheese, 2 ounces of processed cheese)

None      1      2      3      4

